

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Fluoride, F (µg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: September 18, 2016 05:28 EDT

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
09298	Raisins, seedless	165.0	1.0 cup, packed	385.9
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	349.1
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	349.1
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	349.1
06725	Soup, chicken corn chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	316.8
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	299.9
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	288.8
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	283.4
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	257.3
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	237.4
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	234.4
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	231.1
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	226.9
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	180.2
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	168.7
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	168.2
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	167.5
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	167.5
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	166.1
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	163.6
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	158.0
09294	Prune juice, canned	256.0	1.0 cup	154.1
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	149.8
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	148.8
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	147.8
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	147.1
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	143.9
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	141.1

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
16009	Beans, baked, canned, with pork	253.0	1.0 cup	136.6
42270	Beverages, Orange juice drink	249.0	1.0 cup	136.5
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	135.1
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	134.3
06742	Soup, vegetable beef, microwavable, ready-to-serve, single brand	292.0	1.0 serving	124.7
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	121.7
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	119.3
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	118.1
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	112.6
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	110.9
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	110.7
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	110.4
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	108.8
01069	Cream substitute, powdered	94.0	1.0 cup	105.3
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	99.6
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	97.0
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	94.7
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	93.3
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	90.6
42279	Babyfood, peas and brown rice	230.0	1.0 cup	90.6
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	90.3
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	89.2
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	87.9
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	85.5
11549	Tomato products, canned, sauce	245.0	1.0 cup	85.5
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	83.2
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	81.9
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	77.9
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	77.3
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	77.2
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	77.2
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	76.8
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	75.4
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	71.7
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	71.7
42186	Frozen yogurts, chocolate	174.0	1.0 cup	69.6

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	69.6
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	68.0
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	68.0
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	67.3
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	64.9
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	64.7
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	60.3
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	59.4
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	59.2
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	55.0
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	53.6
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	51.9
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	51.9
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	49.0
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	48.9
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	48.9
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	47.9
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	46.8
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	46.1
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	46.1
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	46.1
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	46.1
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	46.1
01009	Cheese, cheddar	132.0	1.0 cup, diced	46.1
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	45.9
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	45.8
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	45.8
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	45.3
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	44.7
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	41.3
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	41.2
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	39.6
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	39.6
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	38.5
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	38.5
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	38.4

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	38.4
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	30.6	1.0 fl oz	37.6
07008	Bologna, beef and pork	100.0	3.527 oz	36.0
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	35.9
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	35.8
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	35.7
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	35.7
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	35.7
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	34.0
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	32.3
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	32.3
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	31.2
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	30.9
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	30.8
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	30.8
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	30.1
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	29.9
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	29.9
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	29.9
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	29.8
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	29.8
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	29.6
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	29.6
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	28.8
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	27.5
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	27.2
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	26.9
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	26.8
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	26.8
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	26.7
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	26.4
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	26.4
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	26.4
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	25.4
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	25.3
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	33.0	1.0 serving 1.2 fl oz pop	25.3

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	25.2
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	25.0
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	24.1
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	24.0
19296	Honey	339.0	1.0 cup	23.7
18968	Bagels, wheat	98.0	1.0 bagel	23.6
14440	Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go	29.6	1.0 fl oz	23.1
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	23.1
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	22.9
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	22.8
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	22.4
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	22.2
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	22.1
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	21.9
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	21.9
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	21.4
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	21.3
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	21.3
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	21.1
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	21.1
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	21.1
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	21.1
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	21.1
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	21.0
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	20.9
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	20.7
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	20.7
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	20.6
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	20.5
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	20.4
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	20.4
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	20.4
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	20.4
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	20.4
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	20.4
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	20.4

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	20.4
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	20.4
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	20.4
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	20.0
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	19.9
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	19.9
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	19.7
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	19.7
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	19.6
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	19.5
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	19.2
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	19.2
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	19.0
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	19.0
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	19.0
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	19.0
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	19.0
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	19.0
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	19.0
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	19.0
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	19.0
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	19.0
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	19.0
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	19.0
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	19.0
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	19.0
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	19.0
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	19.0
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	19.0
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	19.0
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	19.0
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	19.0
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	19.0
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	19.0
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	19.0
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	19.0

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11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	19.0
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	19.0
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	18.9
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	18.6
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	18.3
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	17.8
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	17.8
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	17.8
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	17.7
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	17.3
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	17.2
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	17.2
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	17.2
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	17.1
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	16.8
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	16.8
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	16.4
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	15.9
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	15.8
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	15.8
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	15.8
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	15.8
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	15.5
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	15.4
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	15.4
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	15.4
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	15.4
19300	Jellies	21.0	1.0 serving 1 tbsp	15.3
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	15.3
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	15.3
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	15.3
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	15.3
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	15.3
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	15.1
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	15.1
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	14.7

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	14.5
18060	Bread, rye	28.35	1.0 oz	14.5
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	14.4
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	14.2
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	14.1
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	14.0
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	13.8
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	13.4
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	13.2
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	13.1
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	13.0
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	13.0
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	12.8
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	12.8
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	12.6
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	12.5
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	12.5
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	12.5
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	12.5
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	12.5
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	12.2
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	12.2
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	11.9
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	11.8
07070	Salami, cooked, turkey	28.0	1.0 serving	11.5
07926	Salami, Italian, pork	28.0	1.0 oz	11.5
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	11.2
12142	Nuts, pecans	109.0	1.0 cup, chopped	10.9
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	10.8
07007	Bologna, beef	30.0	1.0 slice	10.8
07068	Salami, cooked, beef	26.0	1.0 slice	10.7
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	10.5
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	10.5
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	10.5
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	10.5
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	10.4

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	10.2
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	10.2
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	10.2
07011	Bologna, turkey	28.0	0.99 oz 1 serving	10.1
07960	Bologna, chicken, pork	28.0	1.0 serving	10.1
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	10.1
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	10.1
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	10.1
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	10.0
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	10.0
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	9.9
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	9.9
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	9.9
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	9.8
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	9.8
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	9.6
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	9.5
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	9.2
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	9.2
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	9.2
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	8.7
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	8.4
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	8.4
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	8.4
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	8.3
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	8.3
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	8.0
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	7.8
14412	Beverages, water, tap, well	29.6	1.0 fl oz	7.6
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	7.6
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	7.6
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	7.4
14438	Beverages, water, bottled, non-carbonated, CRYSTAL GEYSER	29.6	1.0 fl oz	7.1
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	7.0
11429	Radishes, raw	116.0	1.0 cup slices	7.0

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
09316	Strawberries, raw	152.0	1.0 cup, halves	6.7
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	6.6
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	6.5
11658	Spinach souffle	136.0	1.0 cup	6.4
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	6.4
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	6.4
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	6.4
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	6.3
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	6.3
09236	Peaches, yellow, raw	154.0	1.0 cup slices	6.2
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	6.1
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	5.9
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	5.5
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	5.4
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	5.4
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	5.4
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	5.3
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	5.3
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	5.2
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	5.1
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	5.1
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	5.1
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	5.1
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	5.0
09040	Bananas, raw	225.0	1.0 cup, mashed	5.0
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	4.9
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	4.6
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	4.6
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	4.6
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	4.5
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	4.4
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	4.4
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	4.4
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	4.3
14439	Water, bottled, non-carbonated, NAYA	29.6	1.0 fl oz	4.3
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	4.2

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	4.1
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	4.1
11124	Carrots, raw	128.0	1.0 cup chopped	4.1
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	4.1
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	4.0
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	4.0
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	4.0
11143	Celery, raw	101.0	1.0 cup chopped	4.0
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	4.0
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	4.0
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	3.8
03166	Babyfood, juice, apple	31.7	1.0 fl oz	3.8
19297	Jams and preserves	20.0	1.0 tbsp	3.8
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	3.8
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	3.7
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	3.6
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	3.6
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	3.6
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	3.4
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	3.4
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	3.4
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	3.4
09279	Plums, raw	165.0	1.0 cup, sliced	3.3
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	3.2
14432	Beverages, water, bottled, non-carbonated, DANNON	29.6	1.0 fl oz	3.2
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	3.2
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	3.2
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	3.2
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	3.1
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	3.1
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	3.1
09252	Pears, raw	140.0	1.0 cup, slices	3.1
14559	Beverages, water, bottled, non-carbonated, EVIAN	29.6	1.0 fl oz	3.1
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	3.0
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	3.0

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	2.9
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	2.9
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	2.9
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	2.8
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	2.8
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	2.7
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	2.7
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	2.7
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	2.7
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	2.7
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	2.6
11935	Catsup	17.0	1.0 tbsp	2.6
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	2.4
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	2.4
13350	Beef, cured, dried	28.0	10.0 slices	2.4
09326	Watermelon, raw	154.0	1.0 cup, balls	2.3
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	2.3
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	2.3
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	2.2
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	2.2
14437	Beverages, water, bottled, non-carbonated, CALISTOGA	29.6	1.0 fl oz	2.2
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	2.0
14434	Beverages, The COCA-COLA company, DASANI, water, bottled, non-carbonated	29.6	1.0 fl oz	2.0
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	1.9
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	1.8
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	1.8
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	1.8
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	1.8
11282	Onions, raw	160.0	1.0 cup, chopped	1.8
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	1.7
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	1.7
14433	Beverages, water, bottled, non-carbonated, PEPSI, AQUAFINA	29.6	1.0 fl oz	1.5
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	1.5
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	1.5
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	1.4
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	1.3

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	1.2
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	1.2
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	1.2
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	1.1
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	1.0
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	1.0
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	1.0
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.9
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.9
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.9
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.9
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	0.9
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.9
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	0.8
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.8
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.8
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.8
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.8
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.7
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.7
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.6
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.6
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0.6
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.6
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	0.6
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.6
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.6
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.6
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.6
01057	Eggnog	254.0	1.0 cup	0.5
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.5
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0.4
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.4
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.3
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.3
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.3

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0.3
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.3
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0.3
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.3
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.3
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.2
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.2
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0.2
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.2
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	0.2
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.2
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0.2
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.2
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0.2
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.2
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	0.2
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	0.2
19163	Chewing gum	3.0	1.0 stick	0.2
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.1
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.1
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.1
02047	Salt, table	6.0	1.0 tsp	0.1
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.1
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.1
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.1
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0.1
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.1
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.1
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.1
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.1
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	0.1
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.1
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.1
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	0.0
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.0
03217	Zwieback	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Fluoride, F(µg) Per Measure
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.0
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.0
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.0
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.0
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.0
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.0
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.0
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.0
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.0
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.0
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0.0
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	0.0
19335	Sugars, granulated	2.8	1.0 serving packet	0.0
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.0
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.0
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.0
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.0
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	0.0
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.0
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.0
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.0
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0.0
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.0
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.0
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	0.0
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.0
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.0
25059	Snacks, brown rice chips	9.0	1.0 cake	0.0
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.0
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.0
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	0.0
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0.0